Q: If someone has tried to lose weight and failed, does it make sense to try again?

A: It's common for people trying to lose weight to feel haunted by past attempts. But you need to distinguish between what you did in the past to lose weight and what you will do now. If you repeat what you did last time, you'll probably get the same result. On the other hand, if your weight loss efforts were too restrictive or demanding in the past, and you now try a balanced, flexible approach, you may succeed. Your new mantra and mindset should be: That was then, this is now. However, don't be afraid to learn from the past. Look at where your efforts were sidetracked before. Use your creativity to come up with new solutions to face previous problem situations. If you suffered through eating tasteless but healthy foods, learn how to make healthier foods taste so good you enjoy them. Instead of totally restricting foods, set reasonable limits and learn portion control. For suggestions on food choices and appropriate amounts of food, check out the American Institute for Cancer Research's approach to eating called the New American Plate. You can find this information online at www.aicr.org/publications/nap/nap2.lasso. Lastly, to help those excess pounds wither away, make exercise a habit. Regular exercise will also help increase your energy and relieve stress.

For more information on weight gain prevention contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at **http://airforcemedicine.afms.mil/shapeyourfuture**.

Shape Your Future… Your Weigh!™